

# **FORT BEND DULLES HIGH SCHOOL VIKING SWIMMING & DIVING**



## **2016-2017 SEASON HANDBOOK**

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### ATHLETIC PHYSICALS

**Saturday, July 30, 2016**  
 Houston Methodist  
 Orthopedics & Sports  
 Medicine Building  
 16811 Southwest Freeway  
 Sugar Land, Texas 77479  
**9am-noon /**  
**\$20 (Cash only)**

**Last Chance!**  
**Wednesday,**  
**August 24, 2016**  
 Hopson Field House  
 3335 Hurricane Lane,  
 Missouri City, Texas 77459  
**6-8pm / \$20 (Cash only)**

Welcome to the Dulles Viking Swimming and Diving 2016-2017 season! We are excited to have you and are looking forward to a great year. Below is some important information about how the team operates.

### 1. FORMS REQUIRED BY FORT BEND ISD & THE UIL.

Before participating, all athletes must have Forms 1-8 completed. Forms 9 & 10 should be completed as soon as possible.

1. [UIL Pre-participation Physical Evaluation](#) (completed by a physician)
2. [Fort Bend ISD Athletic Participation Forms](#)
3. [UIL Participation Forms](#)
4. [UIL Previous Athletic Participation Form \(PAPF\)](#) for those new to Dulles High School **and** who either were not zoned to Dulles last school year (such as transfer students) **or** who are not zoned to Dulles High School this school year (such as Math & Science Academy students.)
5. Dulles Swimming & Diving Handbook Form Signature Page (at the end of this document.)
6. Teammate Transportation Consent Form if you plan to ride with teammates or give rides to teammates to practice from home or school or if you plan to ride or give rides to home or school from campus with any teammate.
7. Club Information Form (Only applicable to active USA Swimming club swimmers.)

### 2. TRYOUTS will be from 3:45-4:45pm, Friday, August 26 at the Don Cook Natatorium.

If an athlete does not successfully make the team after trying out on this date, the athlete will be invited back to two additional after school practices where the coach(es) will further evaluate the athlete's ability to qualify for the team. This is in accordance with Fort Bend ISD policy that an athlete is afforded the opportunity to receive three days of evaluation by the coach before a final decision is made. **In order to tryout one must have the first form – the UIL Pre-Participation Physical Evaluation form completed and on file. No exceptions!**

### 3. VARSITY.

The standard order of events in varsity high school meets is as follows:

- 200-yard Medley Relay
- 200-yard Freestyle
- 200-yard Individual Medley
- 50-yard Freestyle
- 1-meter Springboard Diving
- 100-yard Butterfly
- 100-yard Freestyle
- 500-yard Freestyle
- 200-yard Freestyle Relay
- 100-yard Backstroke
- 100-yard Breaststroke
- 400-yard Freestyle Relay

1-meter Springboard Diving falls between the 50-yard freestyle and 100-yard butterfly at the state swim meet. However, during the season the springboard diving event actually occurs before the start of a dual meet or earlier in the week prior to a Saturday invitational meet. It is replaced in these meet programs with a 10-15-minute break.

A team can field a maximum of four athletes per individual event, and each athlete can swim a maximum of two individual events and two relays or one individual event and three relays. Additionally, in meets excluding the end-of-season championship meets each team is allowed to field two relays consisting of four athletes on each relay. Thus, the varsity competition roster can consist of a minimum of 16 boys and 16 girls at each meet should there be that many athletes eligible to swim in the meet.

#### 4. “JUNIOR VARSITY”

Although swimming is technically a varsity-only sport (meaning there is no official junior varsity division within the UIL or district framework,) we colloquially refer to those athletes that do not qualify for the varsity meet competition roster and those that are ineligible to represent their school in varsity competitions for reasons other than those relating to academic eligibility as being on the “junior varsity.”

This is simply because so many other sports have official junior varsity divisions it is generally understood that any athlete not on the varsity competition squad is on junior varsity. So, we use the term “junior varsity” in that spirit, even though by that term it is simply meant that the athlete either did not qualify for the varsity competition roster or is otherwise ineligible to represent the school in a varsity meet.

Athletes not in the top four in any individual event as well as first year athletes attending Dulles High School who are not so zoned (including those in the Math & Science Academy not zoned to Dulles) will be eligible to compete in non-varsity competitions that we call junior varsity invitationals (for reasons already mentioned.)

Those that do not qualify for a varsity competition roster will still practice concurrently with those athletes that do qualify. Additionally, these athletes will be invited to attend varsity meets as team managers to help coaches get splits, run meets, and fulfill other team manager obligations.

Still, technically there is only varsity swimming, and those on varsity are simply divided into those that qualify for the competition roster and those that do not.

This distinction matters in application because if one would be eligible to represent one’s team in a varsity competition but simply never qualified for a varsity roster (or do not do so regularly,) one is still eligible to qualify for certain other distinctions such as Academic All District if one meets those qualifications.

Another reason this distinction matters is because the general rule that seniors must be on varsity does not necessarily apply in swimming the way one might think. No one is guaranteed a spot on the varsity competition roster for meets. The coach will put together the best performing varsity roster of eligible athletes for each meet, regardless of the classification of each athlete. That does not mean that a senior athlete that fails to qualify for the varsity competition roster for a meet is not on varsity. That senior athlete would still be on varsity, as all athletes are, because – again – swimming is a varsity-only sport. That senior athlete would be eligible to swim in meets that we colloquially refer to as “junior varsity” meets (even though there is technically no junior varsity division in swimming) in order to get times for events and potentially earn one’s way onto the competition roster for future varsity meets.

#### 5. PRACTICE TIMES:

School Days (generally Monday through Friday) beginning Monday, August 29, 2016 at the Don Cook Natatorium:

- Morning Training Group: 5:35-7:11am
- Afternoon Training Group: 1:55-4:45pm

Saturdays: 9:00-11:30am at the Don Cook Natatorium beginning the first Saturday in October on which there is not a swim meet (October 8, 2016.)

6. **HOLIDAY TRAINING:** Because the swimming season falls during some major holiday periods, athletes must understand that their attendance during these holiday periods is necessary to be successful. The Christmas training period in particular is crucial since it is in close proximity to when we may need to start tapering for our district and championship meets. It is often the last, best intensive training period in the season.

We will train on the following days over the fall semester breaks:

*THANKSGIVING:* November 23-25, 9-11:30am

*CHRISTMAS:* December 17, 19-21: 9:00-11:30am  
December 22-26: No Practice (UIL-mandated five-day holiday break)  
December 27-31: 9:00-11:30am  
January 1: No Practice (Happy New Year!)  
January 2: 9:00-11:30am  
January 2: No Practice (Staff Professional Development)

## **7. PRACTICE ATTENDANCE POLICY – PRACTICE ABSENCES**

**A practice absence is any time an athlete is present at school but chooses not to participate in practice – whether the student comes with or without a parent note**

### **a) PARTIAL PRACTICE ABSENCES**

- Full and partial practice absences may also be administered at the coach's discretion to those that:
  - Leave practice early
  - Arrive late to practice
  - Are dismissed from practice by the coach (e.g. for misbehavior or insubordination)
  - Spend a significant portion of time at practice doing something other than training; such as:
    - Spending an unusual amount of time in the bathroom,
    - "Stretching"
    - Hanging out on deck
    - Hanging on the pool wall
    - Anything the coach considers an unacceptable reason for missing an unusual amount of practice time

### **b) DISTINGUISHING BETWEEN A PRACTICE ABSENCE AND A CLASS ABSENCE**

- In the case of a practice absence, an athlete will be counted present for the purposes of the class period but absent from practice for purposes of calculating the athlete's percentage practice attendance.
- If an athlete has an excused absence from swim class, one does not accrue a practice absence. Therefore, one can only accrue either an excused class absence or a practice absence – but not both. Follow the Fort Bend ISD guidelines of submitting a note to the attendance office within 3 days of an absence in order to have an absence excused.
- Unexcused absences will count as both a practice absence and an absence from swim class.

### **c) DISMISSAL FROM TEAM FOR EXCESSIVE PRACTICE ABSENCES.**

- If at the semester break a swimmer has a practice attendance percentage less than 70%, the swimmer will be put on probation and be required to have a formal conference with the aquatics coaching staff regarding the swimmer's low practice attendance percentage. Ways to help the athlete achieve a higher practice attendance – such as switching between morning and afternoon training sessions – will be discussed.
- If at the semester break a swimmer has below a 50% practice attendance record, the swimmer will be dismissed from the team at the semester.

## 8. PRACTICE ATTENDANCE POLICY EXCEPTIONS:

- a) **Excused absences from school are not counted as practice absences.** This is designed primarily to accommodate those who are so sick that they are unable to attend school. However, since coaches do not have time to play detective and should not be put in the position of distinguishing between “good” and “bad” reasons to miss school and does not wish to incentivize dishonesty, it applies to all excused school absences.
- b) **If an athlete is at school but has a note from a licensed medical doctor stating that an athlete is not to participate, then non-participation is not counted as a practice absence.**
- Additionally, if a student has to leave practice before the end of the school day to go to a doctor appointment it will not count as a practice absence once the coach is provided with verification of the doctor’s office visit.
  - If, however, the athlete will be picked up after school for the appointment, the athlete will be expected to get in and swim until it is time for the athlete to be picked up – with a reasonable amount of time allotted to get out and change prior to being picked up.
- c) **If an athlete is at school but the campus athletic trainer has directly advised the coach that an athlete is to not participate or that the athlete is to engage in limited participation, then non-participation or limited participation in accordance with the athletic trainer’s guidance will not count as a practice absence.**
- If an athlete will be attending school but does not believe s/he will be able to practice due to an ailment or temporary physical limitation, then the athlete needs to see the campus athletic trainer to be evaluated.
  - During the normal school day (with the exception of one’s lunch period) is *never* an acceptable time to see the campus athletic trainer for evaluation.
  - During swim period is not an acceptable time to see the campus athletic trainer for evaluation *unless the coach in charge gives permission.*
  - After assessing the athlete, the campus athletic trainer will provide a full report to the coach including whether or not an athlete is cleared to practice – and if so under what conditions.
- d) **If athletes have to miss practice for after-school labs associated with a science class, a practice absence is not assessed.**
- Athletes that will be taking science classes that require after school labs are encouraged to sign up for the morning training group.

### **[WHEN IN DOUBT GO SEE THE ATHLETIC TRAINER!]**

When a suspected injury is not a life-threatening emergency and one is in doubt how to address a perceived or suspected injury, it is recommended that one immediately take advantage of the free-to-you taxpayer-provided services of the campus athletic trainer before going to see a physician.

Many times the trainer can help an athlete and an athlete’s family assess when and whether it is advisable to seek out the attention of a physician in addition to recommending a course of treatment to rehabilitate an athlete. ]



## 9. QUALIFYING FOR INDIVIDUAL EVENTS AT VARSITY MEETS

All athletes are expected to be present for every practice and meet. There are two ways to achieve the practice attendance qualifications to compete in individual events in a varsity meet:

- Maintain a 90% cumulative season practice attendance (including make-up practices;) or
- Participate in 90% of practices (including makeup practices) in the two weeks prior to the meet entry cutoff deadline or participate in 90% of practices (including makeup practices) since the previous meet, whichever period of time is longer.

Once the roster of athletes who have achieved the practice attendance requirement has been determined, the coach will then fill out the meet roster for the next meet.

Athletes that do not achieve the 90% practice attendance threshold (under either of the two ways to achieve practice attendance qualification listed above) may still compete in varsity meets on any one of or on all three relays.

Keep in mind that, per the Fort Bend ISD Aquatic Lettering Policy, varsity meets in which one does not swim in an individual event do not count towards earning one's varsity letter for the season. Therefore, a meet in which one only swims relays – whether due to failure to achieve the practice attendance qualification standard or for any other reason – do not count towards one's letter for the season.

The practice attendance policy applies to Saturday practice absences and holiday practice absences as well as regular weekday practices. ***There are no optional practices.***

This policy is intentionally designed to incentivize practice attendance because practice attendance and working hard in practice is the greatest predictor of how well one will perform over the course of the season – and your team is counting on you to do your best.

## 10. Procedure for Early Pickup/Early Release from the Pool During School Hours

If one plans to pick up one's athlete or have one's athlete released from practice at the pool **during school hours**, one must:

- Send one's athlete to the attendance office in the morning with a note explaining that one will be picking up one's athlete early or that one's athlete will be leaving early.
- The attendance clerk will give one's athlete a slip indicating that a note is on file and that one is free to pick up one's athlete or one's athlete will be released at the time indicated on the slip.
- One's athlete must then give the slip from the attendance clerk to the coach so that the coach is aware of the time that the athlete is to leave and can release the athlete at that time.
- One's athlete must either practice with the team or sit in the bleachers in plain sight of the coach (whichever is more practical given the amount of time to practice) until the stated pick-up time.
- **Athletes may not leave the pool deck or bleachers after 7:30am tardy bell or before the 2:45pm release bell for any reason including to go back to school for a club meeting or tutorials without following this protocol.**

- If one does not follow this procedure the coach cannot release one's athlete according to district policy. If one's athlete is picked up early without a note or otherwise leaves early without a note, the matter will be referred to the Campus Athletic Coordinator as well as to the athlete's alpha split Assistant Principal.
- **This procedure does not need to be followed if an athlete is to be picked up from practice before 7:30am or after 2:45pm on a normal school day, or if an athlete is to be picked up early from a Saturday or holiday practice.**

## 11. VARSITY SWIM MEET ENTRIES & ATTENDANCE POLICY

**Entries for Saturday invitational meets are usually due the Monday before the meet and after that point only scratches can be made. Entries for weekday dual meets can usually be altered until shortly before the meet starts.**

All athletes will be presumed to be able to attend a swim meet unless they inform the coach prior to when entries are due. **It is important that this notification occur before the entry deadline via e-mail** as well as verbally.

A verbal notification is not sufficient because the coach is dealing with multiple issues on deck and cannot remember everything communicated at practice that is not immediately applicable.

If one has previously committed to a meet or failed to indicate that one will not be able to compete at a meet and then subsequently is unable to attend the meet, please do not just send a message with another teammate without somehow contacting one's coach.

Meet programs in particular may have to be adjusted if one is not able to attend. Unexcused absences, particularly from meets, can result in suspension or expulsion.

Also, if one is unable to attend a meet and notifies the coach well ahead of the entry deadline it may free up space in the meet program for someone previously not entered in the meet to compete. So, please give one's teammates that opportunity by giving advanced notice.

## 12. SWIMMING CLASS GRADE:

**Daily Grades:** Swimmers enrolled in the class will get a grade each week based on their practice attendance for the week. Additional grades for metrics such as being on time to practice and observed effort will make up the balance of the required daily grades.

**Major Grades:** Participation in team dual meets will count as major grades. If an athlete is not eligible to participate in the meet for whatever reason, an athlete enrolled in the class will still be required to come to the meet to time and help the team run the meet. Invitationals that take place during the grading period, including JV Invitationals, will count as make-ups.

13. **ACADEMIC ELIGIBILITY:** Our concern for our athletes begins with their commitment to getting a quality education. Dulles is one of the most elite public high schools in the Houston area and in the state of Texas, and our very dedicated faculty has high expectations that their students will master the material, think critically, and be able to demonstrate their abilities on classroom, district, state, and national assessments.

Athletes experiencing academic difficulties in a class are encouraged to first seek out help from teammates who are successful in a course, and academically successful teammates are expected to assist their struggling teammates whenever possible. *Our team unit should not end when we leave the pool deck.*



An athlete that is failing any class (except for certain exempted Advanced Placement classes – but no pre-Advanced Placement classes.)

## 2016-2017 TEA / UIL ELIGIBILITY CALENDAR

This document is intended to bring clarity to the eligibility calendar for UIL participants. Specifically be aware of the following issues:

- Grade periods for eligibility are seven (7) calendar days after the evaluation, with the exception of holidays.
- Students may lose/gain eligibility at the six weeks grading period.
- Students can regain eligibility at both the three weeks progress report and at the six weeks grade report.
- All students are academically eligible during Thanksgiving Break, Christmas Break and Spring Break holidays.

### FORT BEND INDEPENDENT SCHOOL DISTRICT 2016-2017 TEA / UIL ELIGIBILITY CALENDAR

• Friday	9/30	Evaluate All Students	( Progress Report #2 )
• Friday	10/07	Students gain/lose eligibility	( 2:35 pm )
• Friday	10/14	Evaluate All Students	( Report Card #1 )
• Friday	10/21	Students gain/lose eligibility	( 2:35 pm )
• Friday	11/04	Re-evaluate failing students from Report Card #1	( Progress Report #3 )
• Friday	11/11	Students may regain eligibility	( 2:35 pm )
○	<b>THANKSGIVING BREAK – ALL STUDENTS ARE ACADEMICALLY ELIGIBLE</b>		
• Friday	12/02	Re-evaluate failing students from Report Card #1	( Special Grade Check )
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• Friday	12/09	Students may regain eligibility	( 2:35 pm )
• Friday	12/16	Evaluate All Students	( Report Card #2 )
○	<b>CHRISTMAS BREAK – ALL STUDENTS ARE ACADEMICALLY ELIGIBLE</b>		
• Tuesday	1/10	Students gain/lose eligibility	( 2:35 pm )
• Monday	1/23	Re-evaluate failing students from Report Card #2	( Progress Report #5 )
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• Monday	1/30	Students may regain eligibility	( 2:35 pm )
• Friday	2/10	Re-evaluate failing students from Report Card #2	( Progress Report #6 )
• Friday	2/17	Students may regain eligibility	( 2:35 pm )
• Friday	3/10	Evaluate All Students	( Report Card #3 )
○	<b>SPRING BREAK – ALL STUDENTS ARE ACADEMICALLY ELIGIBLE</b>		
• Monday	3/27	Students gain/lose eligibility	( 2:35 pm )
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• Friday	4/07	Re-evaluate failing students from Report Card #3	( Progress Report #7 )
• Friday	4/14	Students gain eligibility	( 2:35 pm )
• Friday	4/28	Re-evaluate failing students from Report Card #3	( Progress Report #8 )
• Friday	5/05	Students may regain eligibility	( 2:35 pm )
• Thursday	6/01	Evaluate All Students	( Report Card #4 )

**NOTE:**

\* ALL STUDENTS ARE ACADEMICALLY ELIGIBLE THROUGH THE SUMMER.

#### 14. TRANSPORTATION.

- **PRACTICE:**

**MORNING TRAINING GROUP:** Athletes will be required to get transportation to the Natatorium in time to begin training at 5:35am – not to begin getting at 5:35am to begin training tardy. When practice concludes, swimmers can get ready for school in the Natatorium locker rooms. A Fort Bend ISD bus will transport athletes from the Natatorium to school in time for them to be on-time to their 2<sup>nd</sup> Period class. Athletes that will be going to school from the Natatorium with a teammate and athletes providing that transportation must both have Teammate Transportation Consent Forms on file.

**AFTERNOON TRAINING GROUP:** A Fort Bend ISD bus will be available to transport athletes to the pool from campus after 6<sup>th</sup> Period. Athletes will be responsible for finding transportation home at the conclusion of practice. No district transportation will be provided to transport athletes home or back to campus. Athletes that will be going to the Natatorium from school with a teammate and athletes providing that transportation must both have Teammate Transportation Consent Forms on file.

- **OUT-OF-DISTRICT MEETS:** For meets scheduled outside the district all athletes are required to ride the bus to the meet. Athletes are encouraged to ride the bus home with the team, and doing otherwise is highly discouraged. However, an athlete may be released to a parent to return from a competition if there are unusual circumstances and arrangements are made in advance. These arrangements include filling out a release form that is then placed on file with the campus administration. Coaches will not be carrying these release forms to meets. Please e-mail the head coach in order to have a release form for the specific meet e-mailed to you in order to be completed and returned at least one full school day before so the coach may file the form with the campus administration.

The general rule for out of district meets is: **We Go as a Team, We Return as a Team.** **FORT BEND ISD POOL MEETS:** All athletes will find their own transportation to and from meets hosted at either Fort Bend ISD aquatic facility. They are:

Don Cook Natatorium: 16255 Lexington Boulevard, Sugar Land, TX 77479
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Fort Bend ISD Aquatic Practice Facility: 16701 Bissonnet, Houston, TX 77083
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*Athletes are to be on the pool deck 15 minutes prior to the start of warm-ups.*

15. **USA SWIMMING.** While we will do our best to give your athlete the best workout we possibly can each day, participation in any of the excellent area USA Swimming club teams is welcomed. Be aware, however, that there are Fort Bend ISD requirements regarding the minimum amount of time club swimmers must train with their high school teams in order to compete for their high school teams.

The requirement for those whose high school team trains in the morning before school is that they participate in three full morning practices per week. The requirement for those that train in the afternoon is that they must practice a minimum of five hours per week. Generally, that is an hour per day but if an alternative arrangement needs to be worked out due to unique circumstances, coaches have some flexibility as long as it adds up to five hours of practice per week. Additionally, these athletes must be participating in whatever training the team is participating in and not be engaging in alternative assigned training (e.g. “stretching” while the team is training.)

Swim meets count as practices towards these hours, and it is the expectation that one will attend team meets.

Club athletes will need to fill out a USA Swimming Addendum letting the head coach know what club team you belong to, the coach that trains you directly, and that coach’s contact information.

16. **LETTERING.** The Fort Bend ISD Aquatics Lettering Policy (adopted 2002-2003) is as follows:

To earn a varsity letter in swimming and diving:

1. An athlete must complete the season in good standing and compete in at least one individual event in a minimum of 80% of the varsity meets that their team enters, culminating with the District Meet.
2. Completes three years of Varsity competition in good standing.
3. All Varsity Letters will be awarded upon the discretion of the Head Coach

This policy was adopted and approved by the FBISD Aquatics Coaches and the Athletic Department administration.

**THERE ARE NO EXCEPTIONS TO THIS POLICY.**

If one is either suspended from individual events (e.g. for missing too many practices or misconduct) or unable to swim individual events in a swim meet for any reason (e.g. injury, academic ineligibility, or conflicting obligations) that meet will not count towards lettering. The athlete may be called upon to swim relays if able, but that meet will not count towards lettering for the season since no individual events will be swum.

**It is recommended that the swim meet schedule be compared to the calendar of other organizations one is involved with so that plans may be made according to one's priorities if one's goal is to letter for the season.**

The 20% leeway between perfect attendance and the minimum required meet attendance in order to letter is the slack in which athletes have to operate and still letter.

Meets for which one has to qualify in order to participate in individual events (such as the TISCA zone meet) will not be included in an athlete's participation calculation if the athlete does not qualify. It may be counted as a bonus meet for those that do qualify for individual events at such meets, however.

Plank three of the policy does not give the coach broad authority to disregard the first and second components of the lettering policy. What it does, for the most part, is to allow the coach to deny a letter to an athlete who might have otherwise met the requirements if, for example, the athlete somehow brought disrepute to the program for infractions such as criminal activity, academic dishonesty, excessive or violent misbehavior at school, or using performance enhancing drugs.

It does not give the coach the magical ability to letter an athlete who otherwise did not qualify for a letter award unless it is that athlete's third year in the program and the athlete has not yet qualified to letter in spite of finishing each year in good standing.

In most instances, this will likely be the simple result of an athlete's involvement in another activity or possibly an array of other activities that the athlete prioritizes over making the necessary commitment to letter in swimming the first two years as well as in the athlete's third year of participation in the swimming and diving program.

If an athlete is still able to fit swimming in to one's schedule but is not able to make the necessary commitment to letter based upon the 80 percent meet attendance rule and the team practice requirements tied to becoming eligible to compete in those meets because the athlete is involved in another activity or an array of activities that the athlete places a higher priority upon – that is perfectly acceptable so long as the athlete understands that one may not letter until the conclusion of the athlete's third year in the program. At that point the coach has the flexibility to reward these athletes for their perseverance in the sport with a letter award.

Those that make a greater dedication to the program earlier in their high school swimming career by meeting the team practice requirements and achieving 80 percent varsity meet attendance are likewise rewarded sooner.

#### 17. ACADEMIC ALL DISTRICT

- Any varsity-eligible athlete with a 90 or above unweighted cumulative average across all subjects for T2 qualifies for Academic All District
- Grades are not rounded

#### 18. TEXAS INTERSCHOLASTIC SWIM COACHES ASSOCIATION (TISCA)

##### ACADEMIC ALL STATE QUALIFICATIONS:

- Varsity athlete
- Classified as a junior or senior
- 93.75% of the grade scale used (e.g. 3.75 on a 4.0 scale)
  - i. Five semesters for junior applicants
  - ii. Seven semesters for senior applicants
- ***Lettered in the year for which one is applying for Academic All State***
- GPA may not be rounded up

#### 19. NATIONAL INTERSCHOLASTIC SWIM COACHES ASSOCIATION (NISCA)

##### ACADEMIC ALL AMERICAN QUALIFICATIONS:

- Varsity athlete
- Classified as a senior
- 93.75% of the grade scaled used (e.g. 3.75 on a 4.0 scale) for seven semesters.
- ***Lettered in one's senior year***
- GPA may not be rounded up

#### 20. TEAM CAPTAINS

- Qualifications:
  - i. One must attain the classification of junior or senior for the season in which one would be a captain.
  - ii. ***One must have lettered the season prior to becoming a captain.***
  - iii. One must be an exemplary role model for the team.
  - iv. One must have a satisfactory academic record and not have been academically ineligible to compete during the season prior to the one in which one seeks to become a team captain.
  - v. One must have the required organizational skills.
  - vi. One must have the required leadership skills.
  - vii. One must have the required communication skills to communicate the will of the team up the latter to the coach in such a way to ensure that it receives a fair hearing, and to communicate the decisions of the coach down to the team in such a way that they are understood and adopted.
- The boys' team will have two captains that only members of the boys' team will vote on.
- The girls' team will have two captains that only members of the girls' team will vote on.

- While the two girl and two boy captains are each elected by their respective teams, the captains will be understood to each be captains for the entire team – boys and girls – as a single unit.
- The coach is ultimately responsible for choosing the team captains. While great deference is shown to the will of the team as expressed through a team vote, the coach reserves the right to disqualify those that the coach does not believe meet or have met the qualifications. Otherwise, the coach is extremely hesitant to disturb the results of the team vote.

21. **CLASSROOM BEHAVIOR:** Inappropriate classroom behavior will not be tolerated. Athletes may be warned, counseled, punished, suspended from meets which will count against earning one's letter for the season, or be dismissed from the team for continued problems in this area. Respect for all those in authority is expected. Each athlete must understand that athletes have a responsibility to represent our school and our team everywhere they go. Athletes will be held accountable for their choices! **Do the right thing, always, and do your best in all that you do.**

22. **INJURIES:** Athletes and parents are asked to communicate with our professional athletic trainers when dealing with injuries and illnesses. The trainers should be consulted if you have questions, and notified before an athlete is taken to a doctor. The trainers will work with the doctor to ensure that the athlete is properly treated, rehabilitated, and released from the doctor's care before returning to practice.

If a doctor's note says that an athlete is not to participate for two weeks, then that athlete under no circumstances will participate in any way for two weeks – whether district, region, or state swim meets fall within that two-week window or not.

23. **DRESS CODE:** School dress code will be enforced where applicable when not in conflict with appropriate pool deck attire (i.e. swim suits and flip-flops.)

#### 24. **TEAM EQUIPMENT AND APPAREL**

Athletes are never to wear any school-issued equipment on or off campus. These are to be worn to, at, and from official practices and meets only.

#### 25. **TEAM PICTURES:**

- Team pictures will be Saturday, February 11 so that athletes may take pictures with any medals and plaques they may have won at the district and regional swim meets, and so that the team picture only includes those who finished the season with the team awards we will win during the season.

#### 26. **COMMUNICATION.**

## **COACHES' CONTACT INFORMATION:**

COACH JONATHAN HANSEN  
HEAD COACH  
[Jonathan.Hansen@FortBendISD.com](mailto:Jonathan.Hansen@FortBendISD.com)  
(979) 332-0750

COACH LAUREN LASSITER  
ASSISTANT COACH  
[Lauren.Lassiter@FortBendISD.com](mailto:Lauren.Lassiter@FortBendISD.com)

E-mail is by far the preferred method of communication for purposes of documentation of upcoming meet and practice absences or anything of that nature.

Too much is going on at the pool deck for coach to remember anything that doesn't pertain to that day's practice. E-mail provides a visual, searchable record. If one doesn't e-mail it, coach can't be held responsible for it. Consider that one's notice.

Athletes and parents should feel free to talk to coach about any other questions or concerns, however please hold them until the conclusion of a practice or competition.



# FORT BEND DULLES VIKINGS

## 2016-2017 VARSITY SWIMMING & DIVING

### Meet Schedule

Date	Meet/Opponent	Location	Warm-ups	Start
09/22	Viking Time Trials*	Don Cook Natatorium	5:00 p.m.	6:00 p.m.
10/01	Tomball Kickoff Classic	Tomball ISD Aquatic Center	7:30 a.m.	10:00 a.m.
10/06	Fort Bend Kempner	Fort Bend ISD Aquatic Practice Facility	5:00 p.m.	6:00 p.m.
10/15	Fort Bend Classic	Don Cook Natatorium	8 a.m.	10 a.m.
10/20	Manvel Shadow Creek	Manvel High School	5:00 p.m.	6:00 p.m.
10/29	The Woodlands Invitational**	Conroe ISD Natatorium	7:00 a.m.	9:00 a.m.
11/04	Austin ISD Invitational***	Jamail Swimming Center The University of Texas at Austin	8:00 a.m.	9:00 a.m.
11/12	Victoria Invitational	Victoria ISD Aquatic Center	9:00 a.m.	10:15 a.m.
	Gulf Coast TISCA	Conroe ISD Natatorium		
11/18	Preliminaries		7:30 a.m.	9:00 a.m.
11/19	Finals		7:30 a.m.	8:45 a.m.
11/29	Clear Creek Fort Bend Ridge Point	Don Cook Natatorium	5:00 p.m.	6:00 p.m.
12/06	Fort Bend Austin & Langham Creek	Don Cook Natatorium	5:00 p.m.	6:00 p.m.
12/10	Pearland Reindeer Classic	Pearland Natatorium	8:00 a.m.	10:00 a.m.
12/21	Viking Winter Time Trials*	Don Cook Natatorium	9:00 a.m.	9:30 a.m.
01/07	CyFair Tournament, Brazoswood Invitational, Tomball Big Cat Invitational, or College Meet***			
01/12	Fort Bend Travis & Katy Tompkins	Fort Bend ISD Aquatic Practice Facility	5:00 p.m.	6:00 p.m.
01/19	Fort Bend Bush Fort Bend Hightower	Don Cook Natatorium	5:00 p.m.	6:00 p.m.
01/30	District 20-6A Championships UIL Region 5-6A Championships	Don Cook Natatorium	9:00 a.m.	11:00 a.m.
02/03	Preliminaries	Don Cook Natatorium	2:00 p.m.	4:00 pm
02/04	Finals	Don Cook Natatorium	10:00 a.m.	12:00 pm
	UIL 6A State Championships			
02/17	Preliminaries	Lee & Joe Jamail Texas Swimming Center,	8:30 a.m.	10:00 a.m.
02/18	Finals	The University of Texas at Austin	8:00 a.m.	9:30 a.m..

**Diving** competitions for Saturday invitational meets will be Friday, the day before. For dual meets, the diving competition will begin at the same time as warm-ups. For invitational meets, our exact warm-up time will be assigned by host team the week of the meet. \* **Practice Meet.** \*\* If The Woodlands Invitational fills up, the Tomball Halloween Classic will, again, be the backup plan. \*\*\* Currently we are on the waiting list for the Austin ISD Invitational on 11/4 and the Aggieland Invitational at the Texas A&M Student Rec Center on 11/5. If we don't get in to either meet the plan is to swim the College Meet with Austin on 11/5 and go to one of the invitationals listed the first weekend of January. If accepted to the Austin ISD or Aggieland meet then we will not go to an invitational the first weekend in January and try to move the College Meet to that weekend instead.

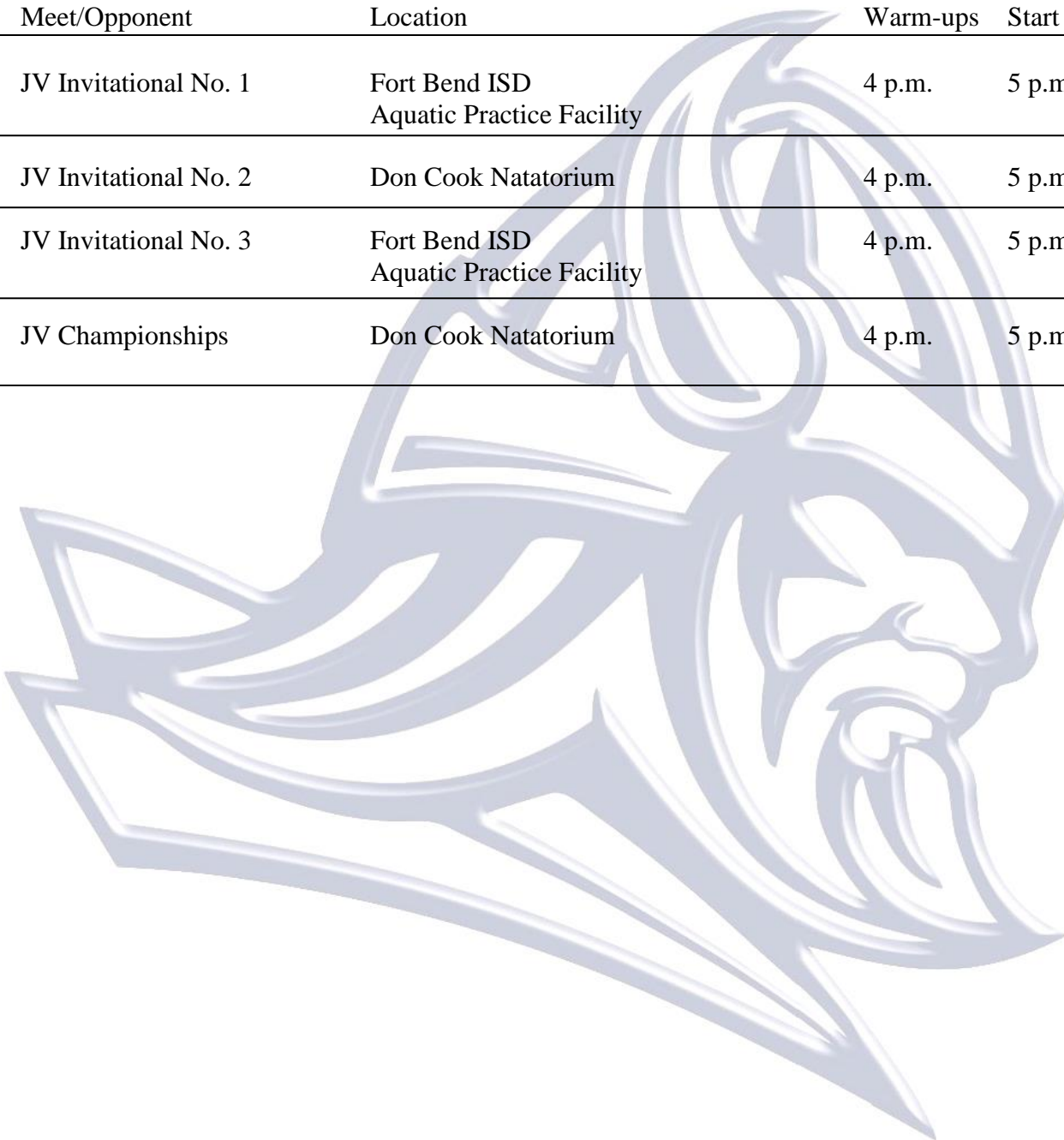


# FORT BEND DULLES VIKINGS

## 2016-2017 JUNIOR VARSITY SWIMMING & DIVING

### *Meet Schedule*

Date	Meet/Opponent	Location	Warm-ups	Start
11/03	JV Invitational No. 1	Fort Bend ISD Aquatic Practice Facility	4 p.m.	5 p.m.
12/08	JV Invitational No. 2	Don Cook Natatorium	4 p.m.	5 p.m.
01/10	JV Invitational No. 3	Fort Bend ISD Aquatic Practice Facility	4 p.m.	5 p.m.
01/24	JV Championships	Don Cook Natatorium	4 p.m.	5 p.m.



## DULLES VIKING SWIMMING & DIVING 2016-2017 HANDBOOK SIGNATURE PAGE

I \_\_\_\_\_ have read the Dulles Viking Swimming & Diving  
Print Athlete's Name  
Handbook, and fully understand the commitment and expectations of me and the program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

I \_\_\_\_\_ have read the Dulles Viking Swimming & Diving  
Print Legal Guardian's Name  
Handbook, and I understand the commitment my athlete has taken by choosing to participate in the program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

(Sign. Return signature page. Keep handbook for reference.)